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**Fisher, III**

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(54) **PERSONAL ATHLETIC TRAINING DEVICE**

(75) Inventor: **Robert L. Fisher, III**, Westlake, OH (US)

(73) Assignee: **Robert Fisher, III**, Westlake, OH (US)

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CPC ..... **A63B 59/0074** (2013.01); **A63B 59/08** (2013.01); **A63B 59/0092** (2013.01); **A63B 2209/00** (2013.01); **A63B 59/0029** (2013.01); **A63B 59/18** (2013.01); **A63B 49/18** (2013.01)  
USPC ..... **473/459**; **473/463**

(58) **Field of Classification Search**

USPC ..... 473/524, 527, 528, 459, 463; D21/729, D21/731

See application file for complete search history.

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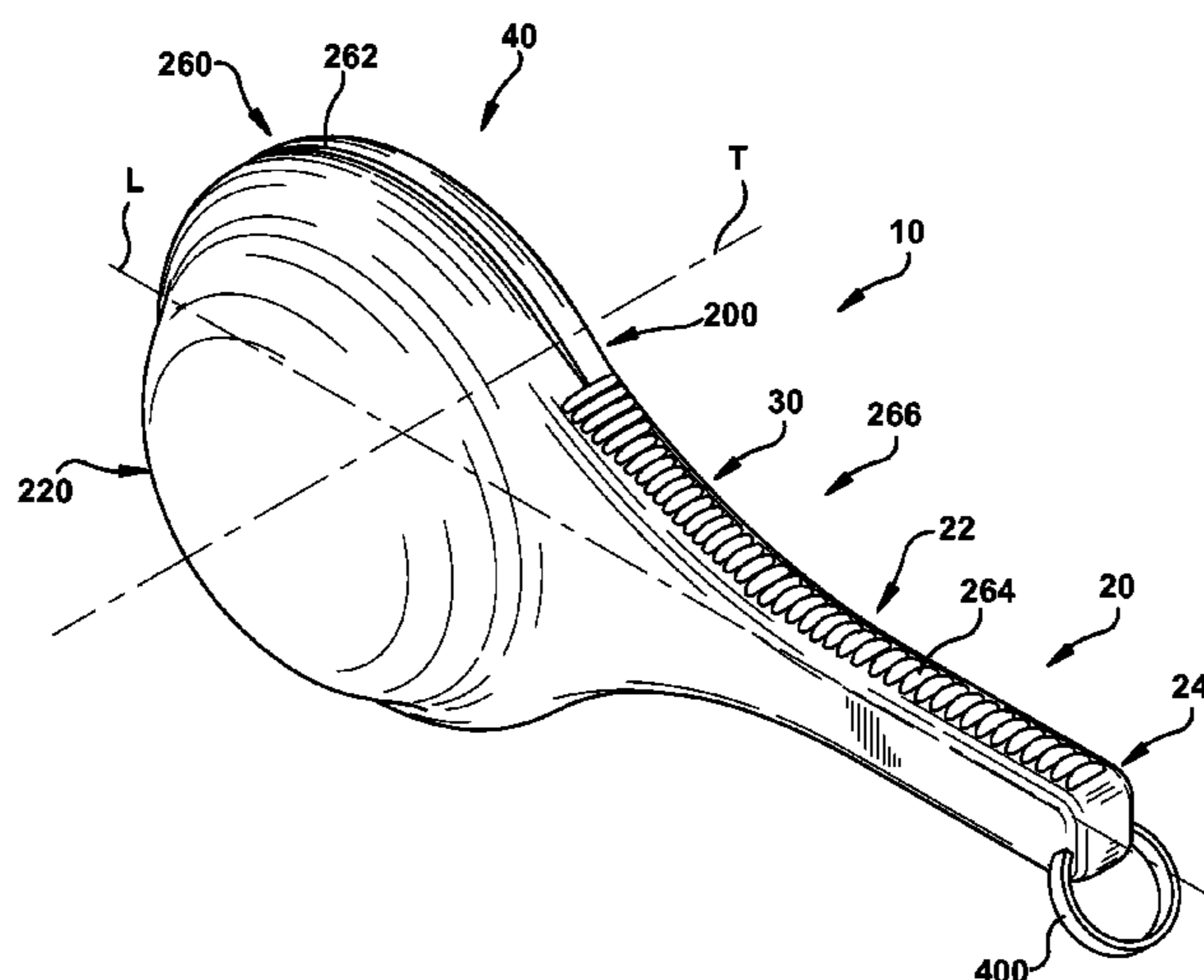
*Primary Examiner* — Raleigh W Chiu

(74) *Attorney, Agent, or Firm* — Tucker Ellis LLP

(57) **ABSTRACT**

An athletic paddle training apparatus **10** includes an elongate handle portion **20**, a coupling region **30** at a distal end **22** of the paddle portion, and a game play head **40** operatively coupled with the handle portion **20** at the coupling region **30**. The elongate handle portion is configured to be gripped by an associated user. The game play head **40** has first **46** and second **48** game play regions on opposite first **42** and second **44** sides thereof. The first game play region **46** defines a substantially planar first game play surface **56** on the first side **42** and the second game play region **48** defines a substantially spherical second game play surface **58** on the second side **44** of the game play head **40**. In an example embodiment, the second game play surface **58** has a likeness of a #5 soccer ball.

**24 Claims, 4 Drawing Sheets**



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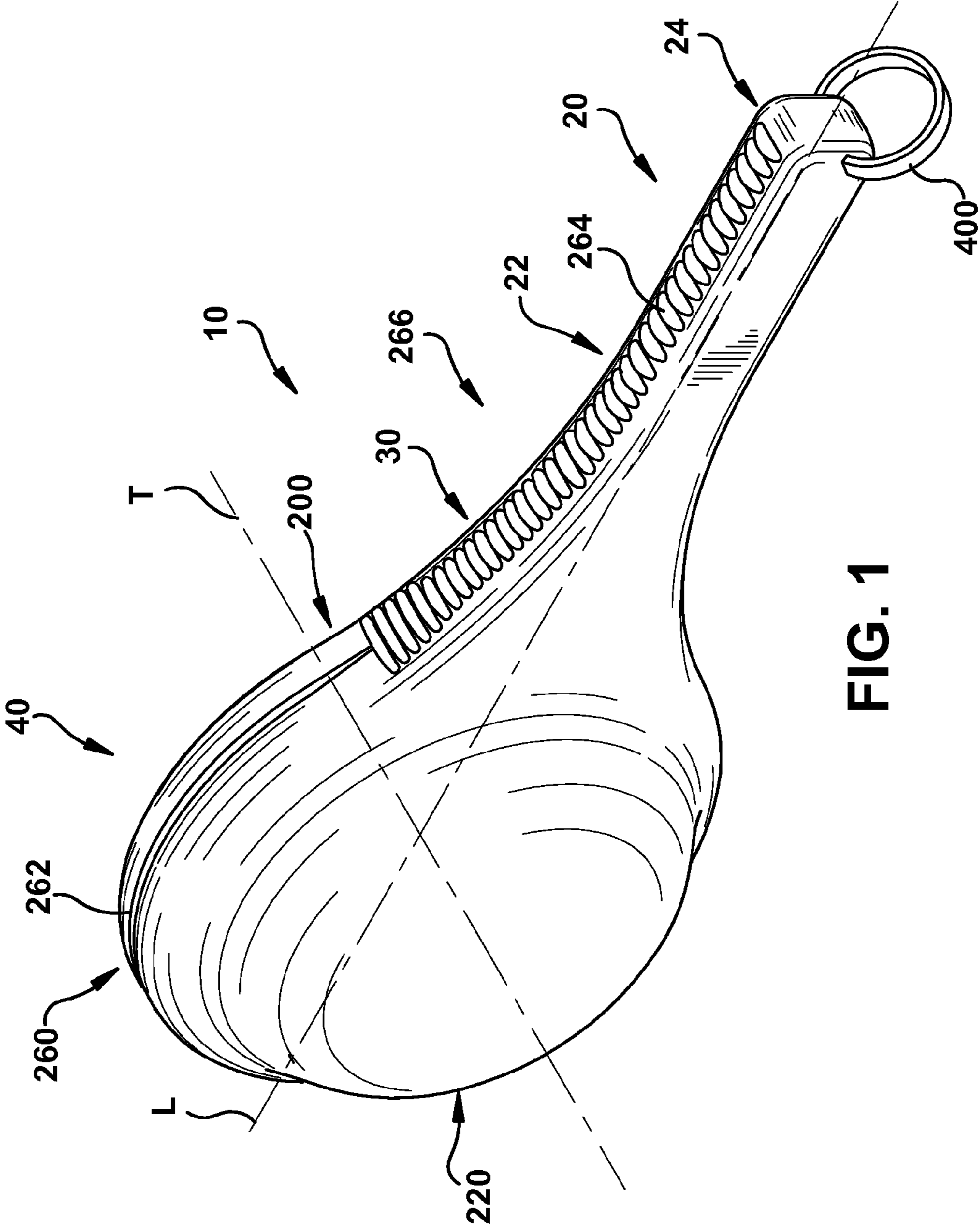
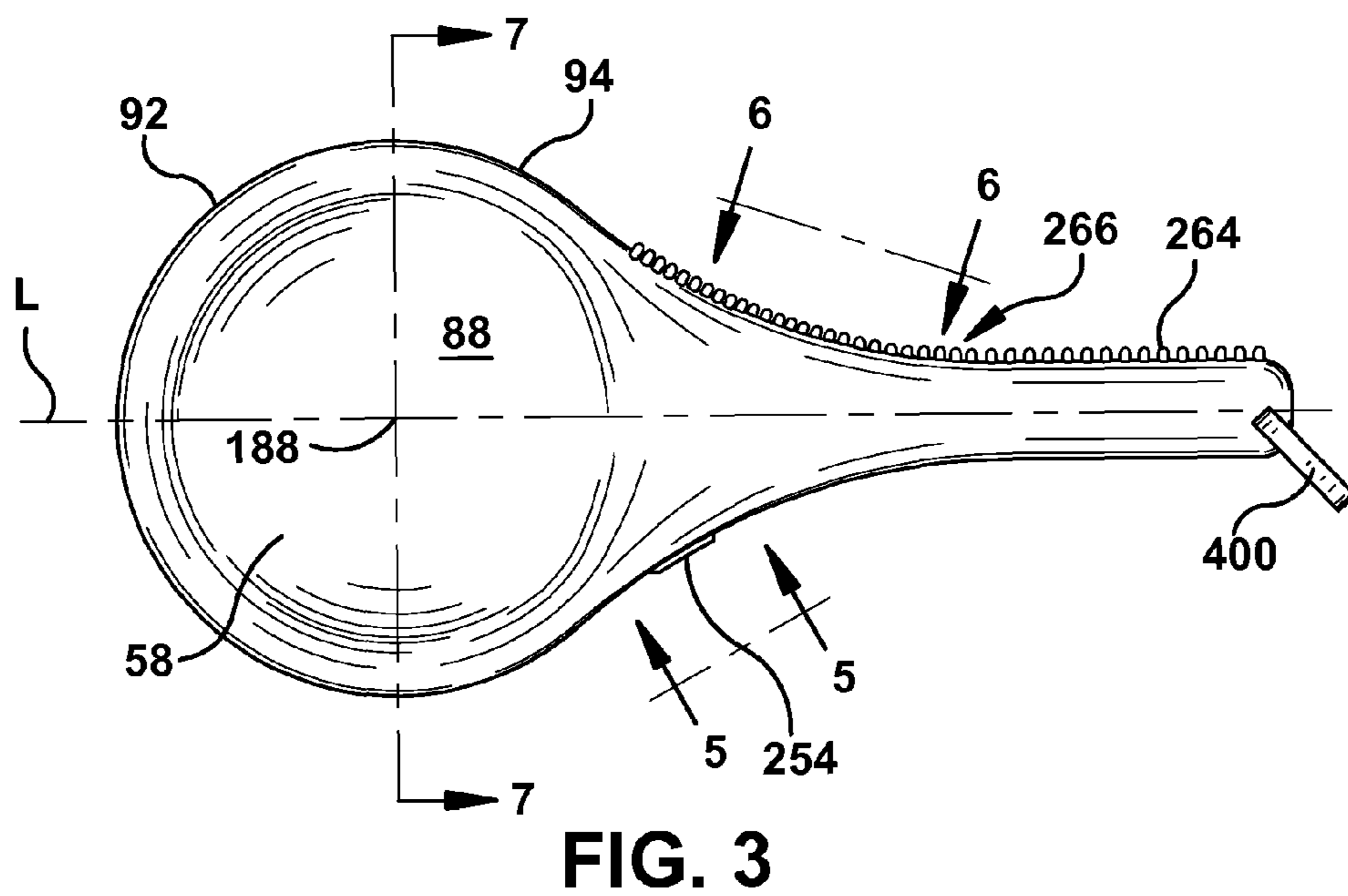
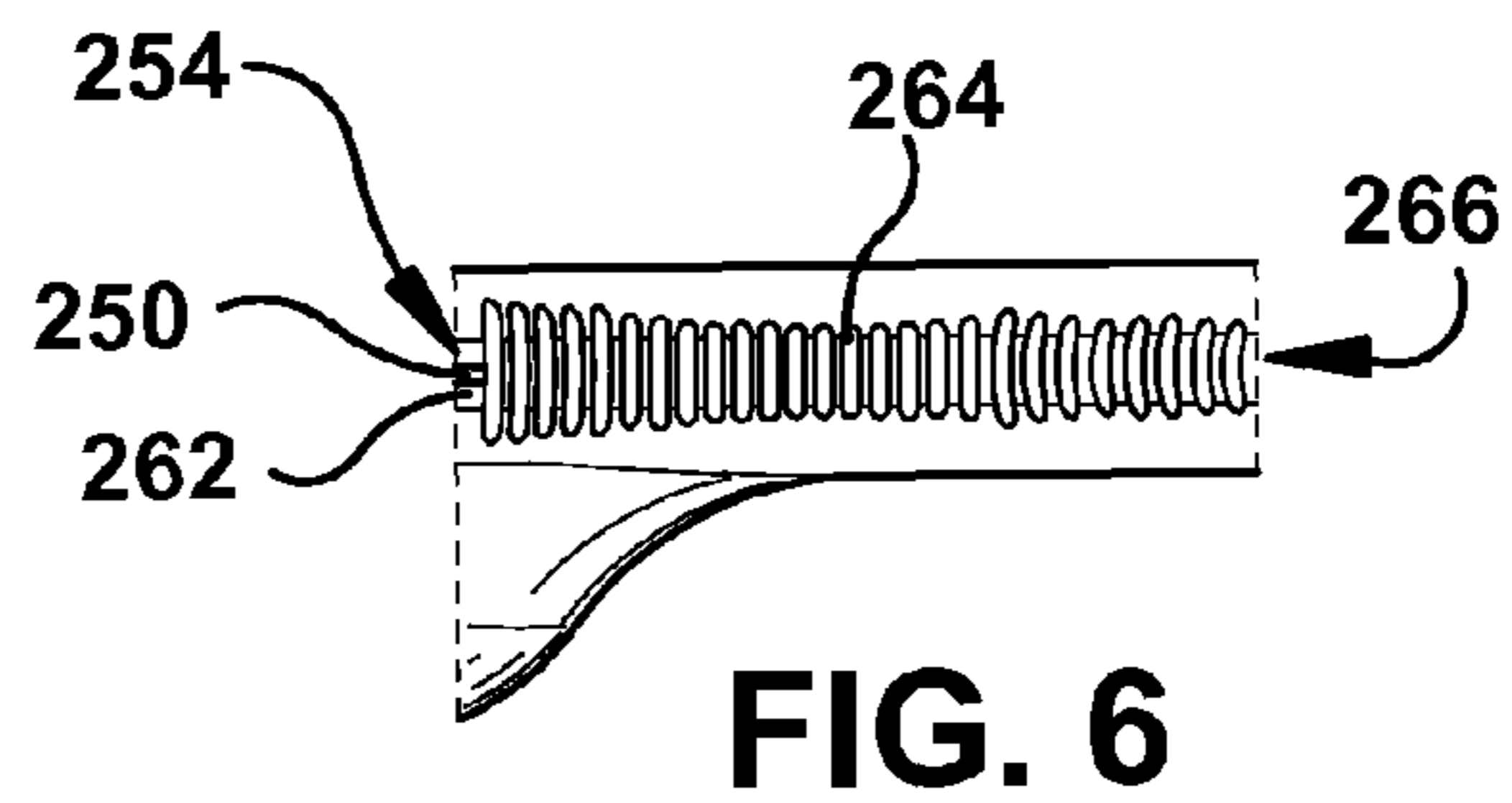
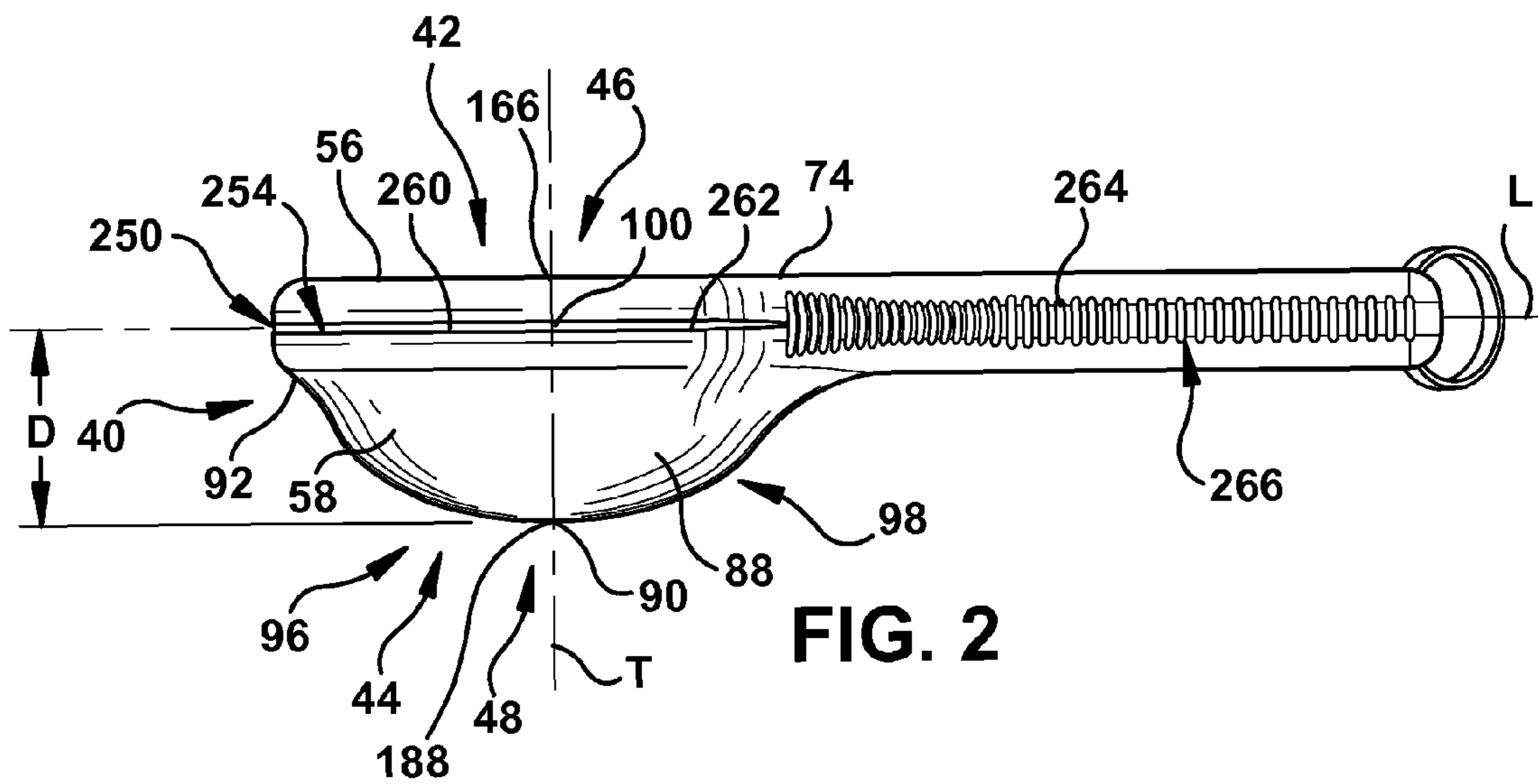


FIG. 1



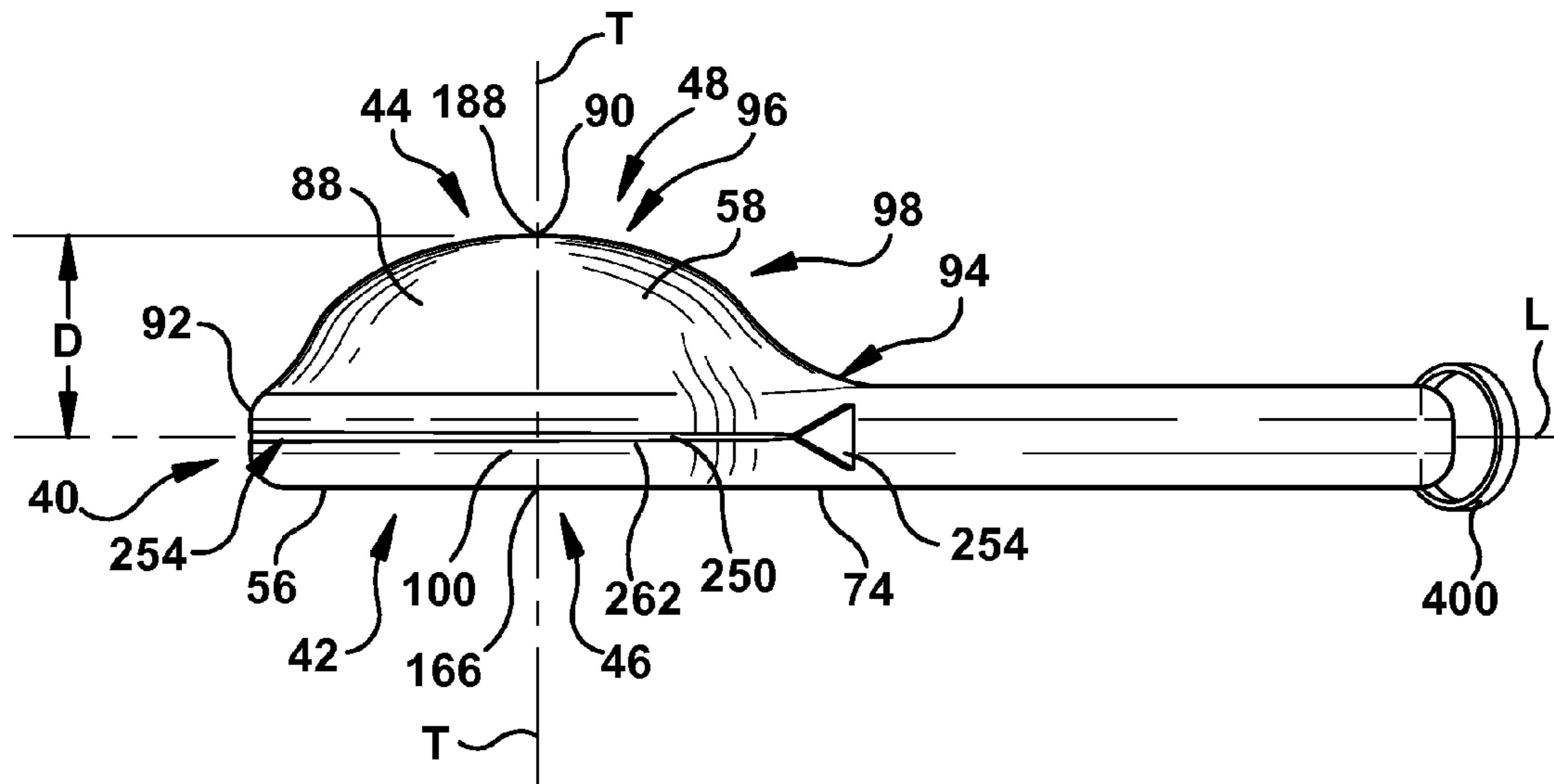


FIG. 4

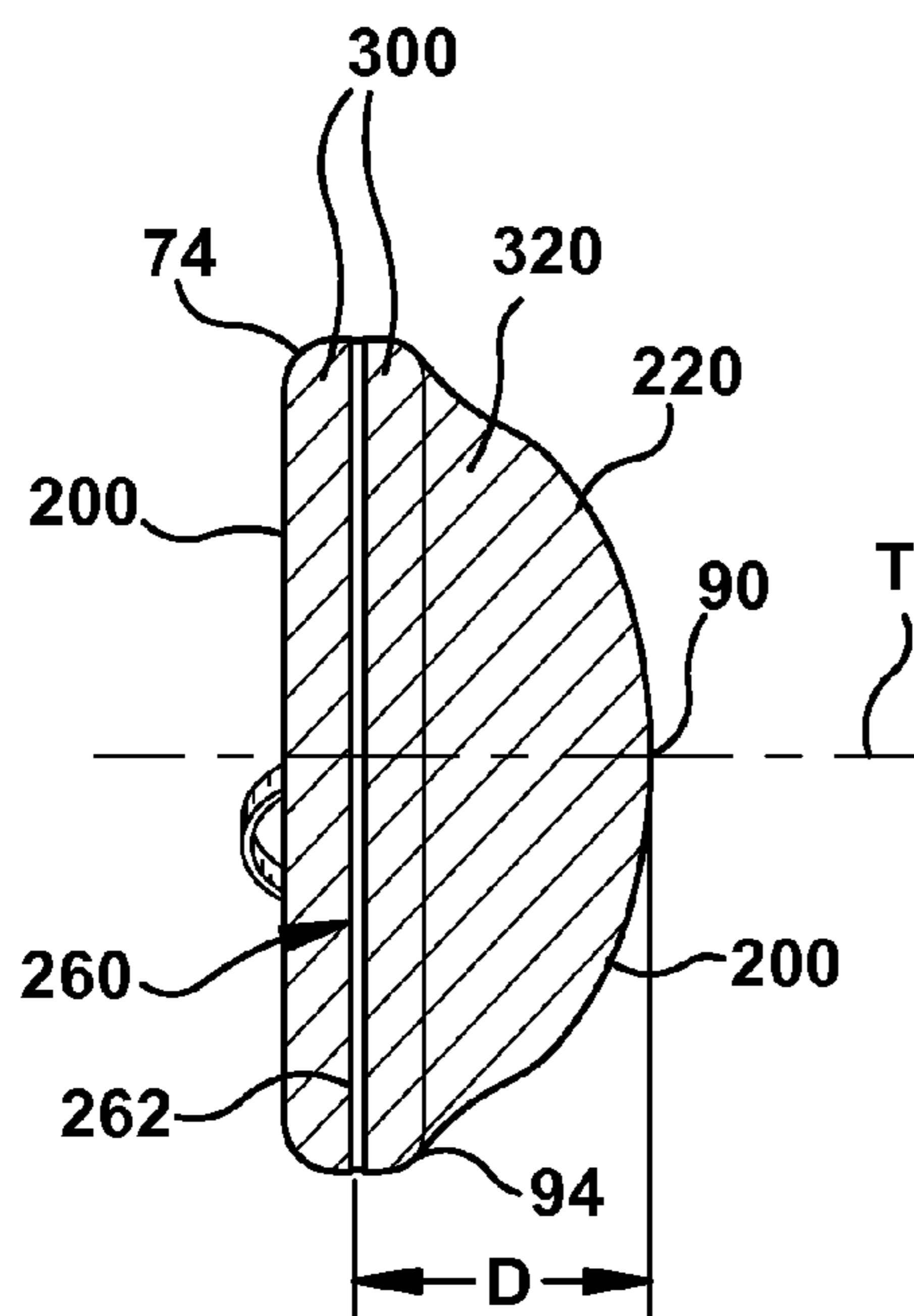


FIG. 7

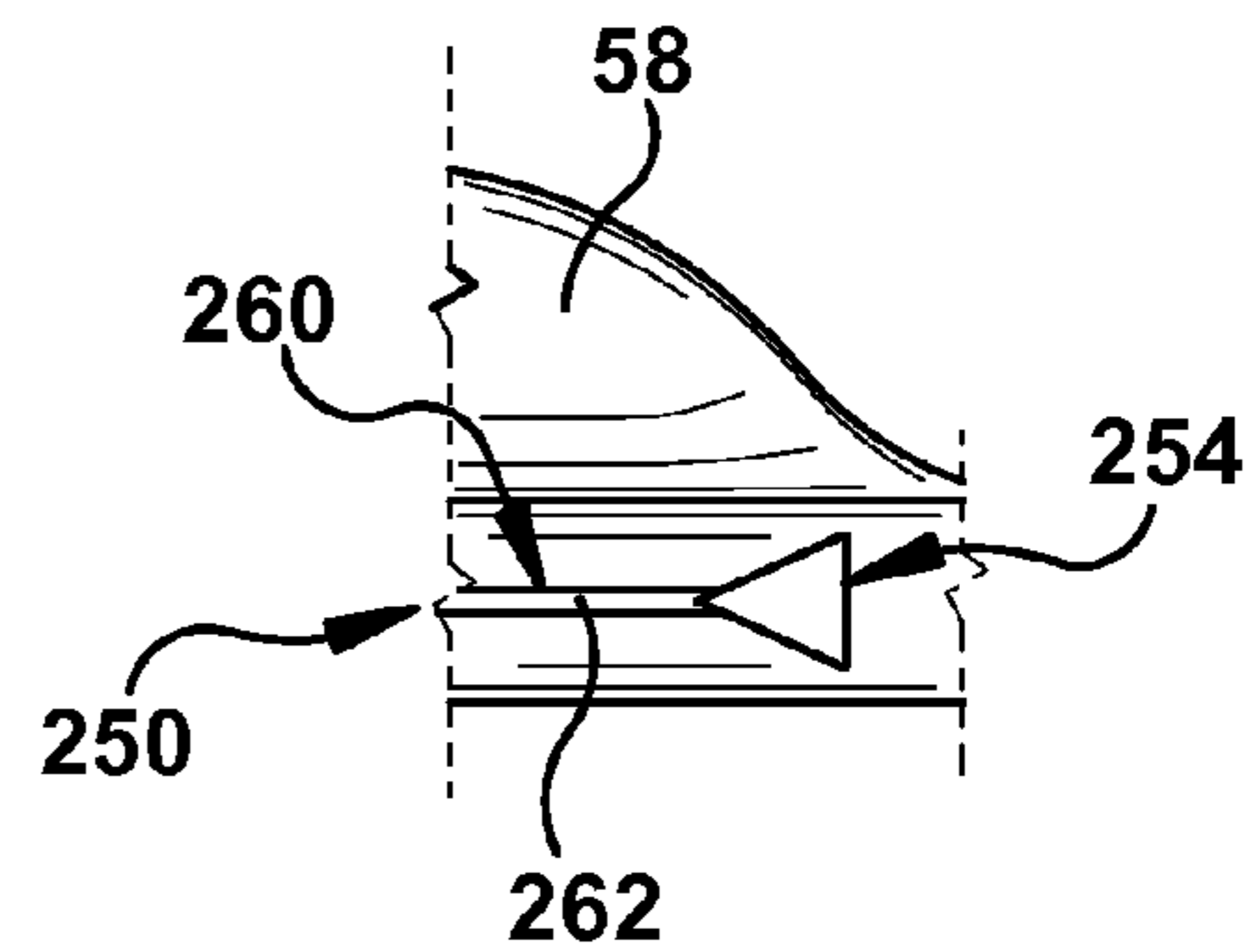


FIG. 5

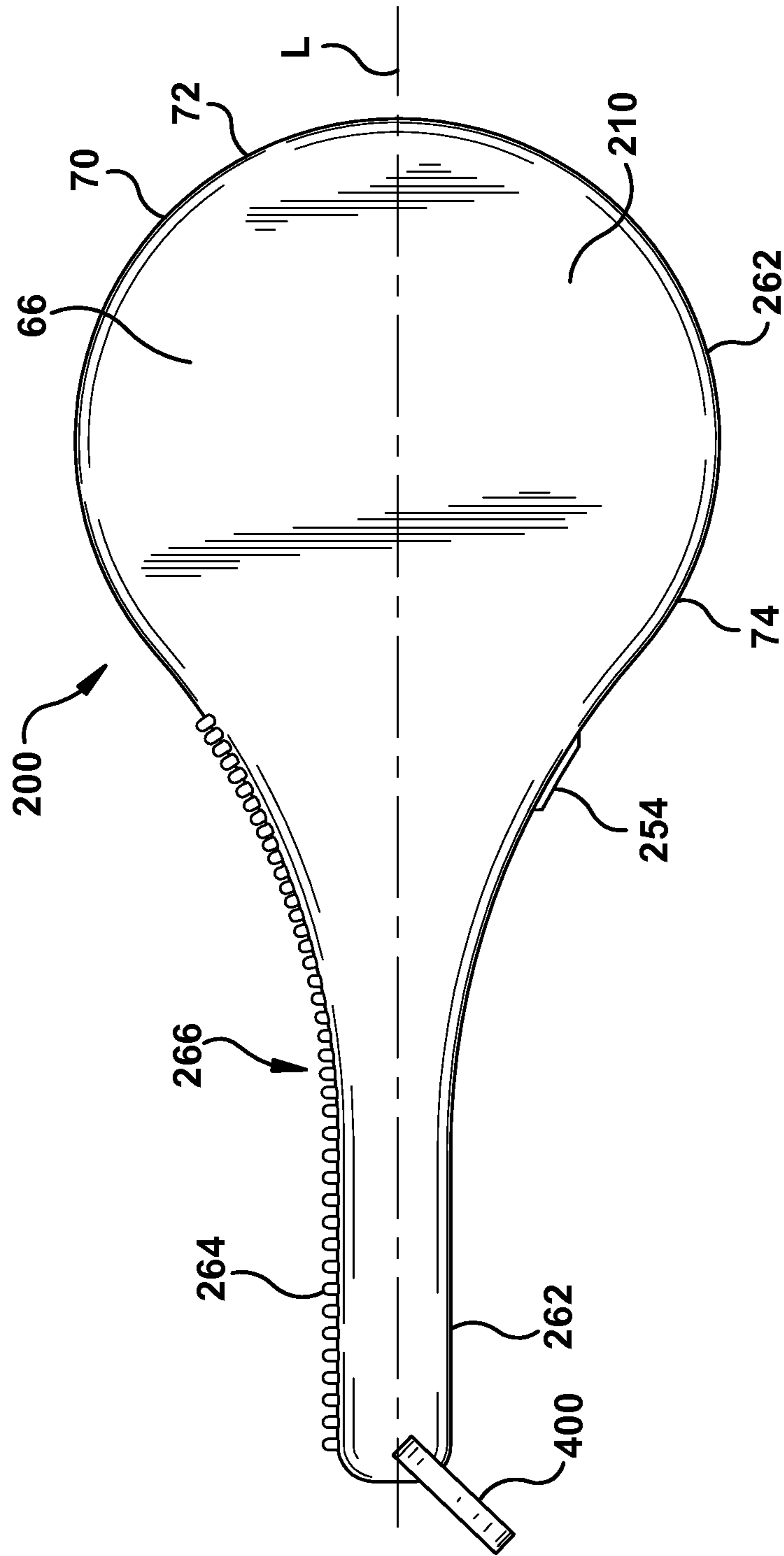


FIG. 8

**PERSONAL ATHLETIC TRAINING DEVICE**CROSS-REFERENCE TO RELATED  
APPLICATIONS

This application is the U.S. National Stage of International Application No. PCT/US10/23850 having the international filing date of Feb. 22, 2011, which claims priority to U.S. Provisional Application Ser. No. 61/151,978, filed on Feb. 12, 2009. All of the U.S. Provisional Application Ser. No. 61/151,978 is incorporated herein by reference.

## TECHNICAL FIELD

The present disclosure relates generally to personal athletic training apparatus and, in particular, to a paddle-type personal athletic training apparatus suitably configured for athletic training.

## BRIEF DESCRIPTION OF THE DRAWINGS

The accompanying drawings incorporated herein and forming a part of the specification illustrate the examples embodiments.

FIG. 1 is a perspective view of an athletic training paddle in accordance with an example embodiment.

FIG. 2 is a side plan view of the paddle of FIG. 1 with the rounded top side thereof facing down.

FIG. 3 is a top plan view of the paddle of FIG. 1

FIG. 4 is a side plan view of the paddle of FIG. 1 with the rounded top side facing up.

FIG. 5 is a view of the paddle of FIG. 1 taken along line 5-5 in FIG. 3.

FIG. 6 is a view of the paddle of FIG. 1 taken along line 6-6 in FIG. 3.

FIG. 7 is a sectional view of the paddle of FIG. 1 taken along line 7-7 in FIG. 3 showing an insert material in the rounded portion thereof.

FIG. 8 is a perspective view of the flat side or bottom of the paddle of FIG. 1.

## OVERVIEW OF EXAMPLE EMBODIMENTS

The following presents a simplified overview of the example embodiments in order to provide a basic understanding of some aspects of the example embodiments. This overview is not an extensive overview of the example embodiments. It is intended to neither identify key or critical elements of the example embodiments nor delineate the scope of the appended claims. Its sole purpose is to present some concepts of the example embodiments in a simplified form as a prelude to the more detailed description that is presented later.

In accordance with an example embodiment, there is disclosed herein, a sport specific training device. The training device has a paddle design or shape, wherein one side of the paddle comprises an insert to enable the shape of the apparatus to mimic a desired shape, such as the shape of a #5 soccer ball. In an example embodiment, the insert portion of the subject device is filled with one or more of a polyethylene foam, a dense crepe foam and/or a plastic filler so that the portion of the device has desirable resiliency and other characteristics. The insert portion may be selectively removed and replaced with other materials and/or fillers so that the selected portions of the device can have any selectable resiliency, dampening, spring, compressibility or other characteristics as desired.

In accordance with a further an example embodiment, there is disclosed herein, an athletic paddle training apparatus including an elongate handle portion, a coupling region at a distal end of the paddle portion, and a game play head operatively coupled with the handle portion at the coupling region. The elongate handle portion defines a longitudinal axis and is configured to be gripped by an associated user. The game play head has first and second game play regions on opposite first and second sides thereof in a direction substantially transverse the longitudinal axis. The first game play region defines a substantially planar first game play surface on the first side and the second game play region defines a substantially spherical second game play surface on the second side of the game play head. The second game play surface is laterally offset by a predetermined selected distance relative to the longitudinal axis of the handle portion. In an example embodiment, the second game play surface has a likeness replicating a #5 soccer ball. However, the second game play surface can be fashioned to have a likeness replicating any other item or shape as desired. Further, in the example embodiment, an insert portion is selectively removable and replaceable with other materials and/or fillers so that the selected portions of the device can have any selectable resiliency, dampening, spring, compressibility or other characteristics as desired.

## DESCRIPTION OF EXAMPLE EMBODIMENTS

This description provides examples not intended to limit the scope of any claims on applications claiming priority to this application. The figures generally indicate the features of the examples, where it is understood and appreciated that like reference numerals are used to refer to like elements. Reference in the specification to “one embodiment” or “an embodiment” or “an example embodiment” means that a particular feature, structure, or characteristic described is included in at least one embodiment described herein and does not imply that the feature, structure, or characteristic is present in all embodiments described herein.

Referring to the drawings, described in an example embodiment herein is a sport specific training device. The device is generally flat on one side, and generally rounded on the opposite side. In a particular embodiment, the rounded size has dimensions and likeness replicating a #5 soccer ball. This design allows for more padding/stuffing inserts to be used with/in the device, thus giving superior shock absorption, safety and durability characteristics.

In an example embodiment, the device comprises a leather or vinyl outer shell with reinforced handle, double stitched along all stress seams with elastic strap. It's innards (inserts) of the paddle training and exercise device are a unique combination of polyethelene and dense crepe foam, along with plastic fillers.

With reference to drawing FIGS. 1-8 in particular, an athletic paddle training apparatus 10 in accordance with an example embodiment includes an elongate handle portion 20 defining a longitudinal L axis and having opposite distal 22 and proximal 24 ends. The handle portion 20 is configured to be gripped by an associated user when exercising or training using the apparatus 10. A coupling region 30 is disposed at the distal end 22 of the paddle portion, and a game play head 40 is operatively coupled with the handle portion 20 at the coupling region 30. In the illustrated embodiment, the game play head 40 has a first game play region 46 and a second game play region 48. The first and second game play regions 46, 48

are located on opposite first **42** and second **44** sides of the game play head **40** in a direction T substantially transverse the longitudinal axis L.

The subject athletic paddle training apparatus **10** in accordance with the example embodiment has a unique shape and structure. In this regard, the first game play region **46** defines a substantially planar first game play surface **56** on the first side **42** of the game play head **40**, and the second game play region **48** defines a substantially spherical second game play surface **58** on the second side **44** of the game play head **40**. In an example embodiment, the second game play surface **58** is laterally offset by a predetermined selected distance D relative to the longitudinal axis L of the handle portion **20**.

As can be seen best in FIGS. **2**, **4**, and **8**, the first game play surface **56** is a substantially circular planar surface **66** and defines on an outer extent **70** thereof a circular edge **72** defining a first circle **74**. As can be seen best in FIGS. **1-4**, and **7**, the second game play surface **58** is an outwardly directed substantially convex surface **88** and defines on a first outer extent **90** thereof a circular edge **92** defining a second circle **94** and, on a second outer extent **96** thereof, the surface **58** defines a domed region **98**.

FIGS. **2** and **4** best illustrate a relationship between a position of the surfaces and structures in accordance with an example embodiment. In particular, the first game play surface **56** is located at a first position **100** along the longitudinal axis L relative to the handle portion **20**. Also, the second game play surface **58** is located at the first position **100** along the longitudinal axis L relative to the handle portion **20**. As shown, the circular planar surface **66** defines a first center point **166** at a center of the first circle **74**, and the outwardly directed convex surface **88** defines a second center point **188** at a center of the second circle **94**. In one example embodiment, the first center point **166** of the circular planar surface and the second center point **188** of the convex surface define a transverse axis T extending through the game play head **40** in a direction substantially perpendicular to the longitudinal axis L. Further, the first **74** and second **94** circles are overlapping and in particular embodiments coincident in the transverse axis T.

In the illustrated example embodiment, a flexible selectively removable outer shell **200** is provided. A first portion **210** of the shell **200** covers the first game play region **46** and defines the circular planar surface **66**. Further, a second portion **220** of the shell **200** covers the second game play region **48** and defines the outwardly directed convex surface **88**.

In one form, the flexible selectively removable outer shell **200** covers the entire game play head **40**. In another form, the flexible selectively removable outer shell **200** covers the handle portion **20**, the coupling region **30**, and the game play head **40**.

As illustrated in FIGS. **1**, **2**, **3**, and **8**, the flexible selectively removable outer shell **200** defines an elongate seam **250** configured in an embodiment to selectively pass the handle portion **20**, the coupling region **30**, and the game play head **40** therethrough. The flexible selectively removable outer shell **200** further includes a fastener **260**, which in an example embodiment allows for selectively opening and securely closing one end of the elongate seam **250**. For example, in one embodiment, fastener **260** is stitching **262** for securely closing the elongate seam **250** and includes a reinforcement member **254** for preventing the stitching from splitting or otherwise opening along the seam. It is to be appreciated that fastener **260** comprises a zipper (not shown) that may be used to provide fastening along a portion of the outer extent of the training apparatus together with stitching in the remaining portions for permitting the zippered opening portion of the

outer shell **200** to be more easily opened and closed and the overall outer shell more easily removable. The zipper may extend for example along the outer extent **70** of the training apparatus **10** in the region of the game play head **40**. In an example embodiment, stitching **262** extends along the entire periphery of the training apparatus **10** and may be in the form of string or thread for example or in the form of any other material as necessary or desired. In the illustrated example embodiment, lacing **264** is provided in a region **266** of the handle portion for interfacing with the fingers of an associated user during use of the device. It is to be appreciated that the location of the lacing **264** relative to the overall shape of the device as illustrated may render the subject training apparatus to be more desirable for use with left-handed users. However, the lacing **264** may be relocated to any position or region of the device as desired including, for example, to a location opposite the position shown in the Figures relative to the longitudinal axis L to adapt the training device for use by right-handed users.

FIG. **7** is across-sectional view of the subject training device taken through line 7-7 of FIG. **3**. As seen there, the athletic paddle training apparatus **10** includes a substantially planar reinforcement member **300** disposed in the game play head **40**, and a resilient compressible material **320** disposed between the planar reinforcement member **300** and the second portion **220** of the shell **200** covering the second game play region **48**. In one embodiment, the substantially planar reinforcement member **300** is formed integrally with the handle portion **20** and with the coupling region **30**. The planar reinforcement member **300** is generally planar and has a shape generally corresponding to the overall shape of the subject device such as shown best for example in FIGS. **3** and **8**.

The subject athletic paddle training apparatus **10** according to the example embodiment illustrated further includes a wrist attachment member **400** coupled with the proximal end **24** of the handle portion **20**. The wrist attachment member **400** is configured to selectively attach the paddle training apparatus **10** with a wrist of the associated user. This helps prevent the training apparatus from being thrown from the hand during use of the device such as during swinging the device. In one particular embodiment, the wrist attachment member **400** is formed of an elastic material. However, leather or any other flexible or non-flexible materials may be used as well.

Described above are example embodiments. It is, of course, not possible to describe every conceivable combination of components or methodologies for purposes of describing the example embodiments, but one of ordinary skill in the art will recognize that many further combinations and permutations of the example embodiments are possible. Accordingly, it is intended to embrace all such alterations, modifications and variations that fall within the spirit and scope of any claims filed in applications claiming priority hereto interpreted in accordance with the breadth to which they are fairly, legally and equitably entitled.

The invention claimed is:

1. An athletic paddle training apparatus comprising:
  - a. an elongate handle portion defining a longitudinal axis and being configured to be gripped by an associated user;
  - b. a coupling region at a distal end of the handle portion;
  - c. a game play head operatively coupled with the handle portion at the coupling region, the game play head having first and second game play regions on opposite first and second sides thereof in a direction substantially transverse to the longitudinal axis, the first game play region defining a substantially planar first game play



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- surface on the first side and the second game play region defining a substantially spherical second game play surface on the second side of the game play head, the first game play surface being a substantially circular planar surface defining on an outer extent thereof a circular edge defining a first circle, the second game play surface being laterally offset by a predetermined selected distance relative to the longitudinal axis of the handle portion and being an outwardly directed substantially convex surface defining on a first outer extent thereof a circular edge defining a second circle and on a second outer extent thereof, a domed region;
- an outer shell covering the game play head, a first portion of the shell covering the first game play region and defining the circular planar surface and a second portion of the shell covering the second game play region and defining the outwardly directed convex surface;
- a substantially planar rigid reinforcement member disposed in the game play head; and
- a resilient compressible material disposed between the planar reinforcement member and the second portion of the shell covering the second game play region.
- 2.** The athletic paddle training apparatus according to claim **1**, wherein:
- the first game play surface is located at a first position along the longitudinal axis relative to the handle portion; and, the second game play surface is located at the first position along the longitudinal axis relative to the handle portion.
- 3.** The athletic paddle training apparatus **10** according to claim **2**, wherein:
- the circular planar surface defines a first center point at a center of the first circle;
- the outwardly directed convex surface defines a second center point at a center of the second circle; and,
- the first center point of the circular planar surface and the second center point of the convex surface define a transverse axis extending through the game play head in a direction substantially perpendicular to the longitudinal axis.
- 4.** The athletic paddle training apparatus according to claim **1**, wherein the outer shell covers the entire game play head and is selectively removable from the game play head.
- 5.** The athletic paddle training apparatus according to claim **1**, wherein the outer shell covers the handle portion, the coupling region, and the game play head.
- 6.** The athletic paddle training apparatus according to claim **1**, wherein:
- the outer shell defines an elongate seam configured to selectively pass the handle portion, the coupling region, and the game play head therethrough; and,
- the outer shell includes a fastener for selectively opening and securely closing the elongate seam.
- 7.** The athletic paddle training apparatus according to claim **6**, wherein the fastener is stitching for selectively securely closing the elongate seam.
- 8.** The athletic paddle training apparatus according to claim **1**, wherein:
- the substantially planar reinforcement member is formed integrally with the handle portion and with the coupling region.
- 9.** The athletic paddle training apparatus according to claim **1**, further comprising:
- a wrist attachment member coupled with a proximal end of the handle portion, the wrist attachment member being configured to selectively attach the paddle training apparatus with a wrist of the associated user.

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- 10.** The athletic paddle training apparatus according to claim **1**, wherein the outer shell is formed of a vinyl or leather material.
- 11.** The athletic paddle training apparatus according to claim **1**, wherein the resilient compressible material disposed in the game play head is formed of one or more of polyethylene, dense crepe foam, and plastic fillers.
- 12.** The athletic paddle training apparatus according to claim **1**, wherein the resilient compressible material disposed in the game play head is selectively removable from the game play head for selective replacement with a second resilient compressible material.
- 13.** An athletic paddle training apparatus comprising:
- an elongate handle portion defining in a longitudinal axis and being configured to be gripped by an associated user;
- a coupling region at a distal end of the handle portion;
- a game play head operatively coupled with the handle portion at the coupling region, the game play head having first and second opposite and second sides thereof in a direction substantially transverse the longitudinal axis the first game play region defining a substantially planar first game play surface on the first side and the second game play region defining a substantially spherical second game play surface on the second side of the game play head, the second game play surface being laterally offset by a predetermined selected distance relative to the longitudinal axis of the handle portion, wherein the first game play surface is a substantially circular planar surface defining on an outer extent thereof a circular edge defining a first circle, and wherein the second game play surface is an outwardly directed substantially convex surface defining on a first outer extent thereof a circular edge defining a second circle and on a second outer extent thereof, a domed region; and,
- a flexible selectively removable outer shell, a first portion of the shell covering the first game play region and defining the circular planar surface, and a second portion of the shell covering the second game play region and defining the outwardly directed convex surface.
- 14.** The athletic paddle training apparatus according to claim **13**, wherein the flexible selectively removable outer shell covers the entire game play head.
- 15.** The athletic paddle training apparatus according to claim **13**, wherein the flexible selectively removable outer shell covers the handle portion, the coupling region, and the game play head.
- 16.** The athletic paddle training apparatus according to claim **13**, wherein:
- the flexible selectively removable outer shell defines an elongate seam configured to selectively pass the handle portion, the coupling region, and the game play head therethrough; and,
- the flexible selectively removable outer shell includes a fastener for selectively opening and securely closing the elongate seam.
- 17.** The athletic paddle training apparatus according to claim **16**, wherein the fastener is stitching for selectively securely closing the elongate seam.
- 18.** The athletic paddle training apparatus according to claim **13**, further comprising:
- a substantially planar reinforcement member disposed in the game play head; and,
- a resilient compressible material **320** disposed between the planar reinforcement member **300** and the second portion **220** of the shell **200** covering the second game play region **48**.

**19.** The athletic paddle training apparatus according to claim **18**, wherein:

the substantially planar reinforcement member is formed integrally with the handle portion and with the coupling region. 5

**20.** The athletic paddle training apparatus according to claim **13**, further comprising:

a wrist attachment member coupled with a proximal end of the handle portion, the wrist attachment member being configured to selectively attach the paddle training apparatus with a wrist of the associated user. 10

**21.** The athletic paddle training apparatus according to claim **13**, wherein the flexible outer shell is formed of a vinyl or leather material.

**22.** The athletic paddle training apparatus **18** according to claim **5**, further comprising: 15

a resilient compressible material disposed in the game play head and within the shell covering the second game play region.

**23.** The athletic paddle training apparatus **22** wherein the resilient compressible material disposed in the game play head is formed of one or more of polyethelene, dense crepe foam, and plastic fillers. 20

**24.** The athletic paddle training apparatus **22** wherein the resilient compressible material disposed in the game play head is selectively removable from the game play head for selective replacement with a second resilient compressible material. 25

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